

ABSTRACT OF THE DISCLOSURE

Form-correcting shoulder belt, forcing to fix both upper arms to the shoulders so that both chests, shoulders and arms move in co-relation, is used together with form-correcting waist belt, forcing the vertebral column to be fixed to the pelvis so that upper and lower parts of the body move in co-relation with each other, and together with form-correcting shoes, forcing the body weight center to be located in the middle of the foot, thereby helping players play easily in the right forms the sports using rackets or bats or clubs, such as tennis, badminton, baseball and golf, and other kinds of sports.